

**MEDIA SCHEDULE  
106<sup>th</sup> GREY CUP PRESENTED BY SHAW**



All times are local time and are subject to change.

**Practice Locations**

Teams have the option to practice indoors or outdoors on Friday. If they choose to practice indoors, it will take place at **Footie Field at University of Alberta** and if they choose to practice outside, it will be at **The Brick Field at Commonwealth Stadium**.

**FRIDAY, NOVEMBER 23**

<b>PLEASE NOTE</b>	<ul style="list-style-type: none"> <li>• Quarterbacks of both teams are excused from media availability today.</li> <li>• Today's media availability sessions will be held back-to-back. Therefore, West Division Media Availability will occur <b>before</b> practice.</li> <li>• Media representatives must leave the afternoon practice location no later than 5:00 p.m.</li> </ul>
<b>8:00 a.m.</b>	<b>Media Shuttle Bus</b> Chateau Lacombe Hotel to Westin Hotel
<b>8:30 a.m. – 9:15 a.m.</b>	<b>CFL Commissioner's State of the League Media Address</b> Westin Hotel - Ballroom

	<p>CFL Commissioner Randy Ambrosie discusses the State of the League with national and international media. A question &amp; answer period will follow opening remarks.</p> <p>Continental breakfast served beginning at 7:30 a.m.</p>
<b>9:45 a.m.</b>	<p><b>Media Shuttle Bus</b> Westin Hotel to Foote Field *This bus will return to Chateau Lacombe after the stop for practice.</p>
<b>10:15 a.m. – 12:15 p.m.</b>	<p><b>East Division Champions Practice</b> Foote Field</p> <p>Open practice to media. Filming of practice from the sidelines is restricted. Team to notify media what portions of practice can be filmed. TV cameras are prohibited from filming any team drills without permission from the team.</p> <p>Still cameras (including phones) are prohibited from capturing group shots that show formations.</p> <p>All cameras must shoot from the sideline(s) designated by the CFL (no end zones).</p> <p>Lunch will be served at 11:00 a.m.</p>
<b>10:30 a.m. – 4:40 p.m.</b>	<p><b>CFL-NFL Flag Championships</b> Commonwealth Stadium - Fieldhouse</p> <p>The ten flag football teams representing each CFL market will play in the championship tournament. The winner will play in the NFL FLAG Tournament in Orlando, Florida during Pro Bowl weekend.</p> <p>Round Robin: 10:30 a.m. – 3:30 p.m. Semi-Finals: 3:30 p.m. – 4:00 p.m. Championship: 4:00 p.m. – 4:30 p.m.</p>
<b>10:30 a.m. – 11:30 a.m.</b>	<p><b>Fan State of the League with Commissioner Ambrosie</b> Westin Hotel – Ballroom</p> <p>CFL Commissioner Randy Ambrosie will provide an update to hundreds of fans in a town hall-style event. Commissioner Ambrosie will also answer questions from fans and the Grey Cup trophy will be in attendance.</p>
<b>11:45 a.m.</b>	<p><b>Media Shuttle Bus</b> Chateau Lacombe Hotel to Foote Field</p>
<b>12:15 p.m. – 12:45 p.m.</b>	<p><b>East Division Champions Player Media Availability</b> On the field – Foote Field</p>

<b>12:40 p.m.</b>	<b>Media Shuttle Bus</b> Chateau Lacombe Hotel to Foote Field
<b>12:45 p.m. – 1 p.m.</b>	<b>East Division Champions Head Coach Media Availability</b> Media conference room - Foote Field
<b>1:05 p.m.</b>	<b>Media Shuttle Bus</b> Foote Field to The Brick Field at Commonwealth Stadium
<b>1:15 p.m.</b>	<b>Violence Against Women press conference</b> Winter Lake Room – Sutton Place Hotel  An announcement from the CFL, the Ending Violence Association of Canada, Status of Women Canada, and United Steelworkers.
<b>1:45 p.m.</b>	<b>Media Shuttle Bus</b> The Brick Field at Commonwealth Stadium to Chateau Lacombe Hotel
<b>1:45 p.m. – 2:15 p.m.</b>	<b>West Division Champions Player Media Availability</b> On the field – The Brick Field at Commonwealth Stadium
<b>2:15 p.m. – 2:30 p.m.</b>	<b>West Division Champions Head Coach Media Availability</b> Media conference room – The Brick Field at Commonwealth Stadium
<b>2:30 p.m. – 4:30 p.m.</b>	<b>West Division Champions Practice</b> The Brick Field at Commonwealth Stadium  Open practice to media. Filming of practice from the sidelines is restricted. Team to notify media what portions of practice can be filmed. TV cameras are prohibited from filming any team drills without permission from the team.  Still cameras (including phones) are prohibited from capturing group shots that show formations.  All cameras must shoot from the sideline(s) designated by the CFL (no end zones).
<b>2:45 p.m.</b>	<b>Media Shuttle Bus</b> The Brick Field at Commonwealth Stadium to Chateau Lacombe Hotel
<b>3:45 p.m.</b>	<b>Media Shuttle Bus</b> The Brick Field at Commonwealth Stadium to Chateau Lacombe Hotel
<b>4:45 p.m.</b>	<b>Media Shuttle Bus</b> The Brick Field at Commonwealth Stadium to Chateau Lacombe Hotel
<b>SATURDAY, NOVEMBER 24</b>	

<b>PLEASE NOTE</b>	<ul style="list-style-type: none"> <li>• Players and the Head Coach will be made available to the media after the walkthrough.</li> <li>• <u>Walkthrough practices may finish early without notice. Media are recommended to arrive for the start of the walkthrough.</u></li> <li>• Media representatives must leave the stadium no later than 4:30 p.m.</li> </ul>
<b>9:45 a.m.</b>	<b>Media Shuttle Bus</b> Chateau Lacombe Hotel to The Brick Field at Commonwealth Stadium
<b>10:30 a.m.</b>	<b>Media Shuttle Bus</b> Chateau Lacombe Hotel to The Brick Field at Commonwealth Stadium
<b>10:30 a.m. – 11:30 a.m.</b>	<p><b>West Division Champions Walkthrough</b> The Brick Field at Commonwealth Stadium</p> <p>Open practice to media. Press box, media conference room and photographers' room are open and can be used to work until 4:30 p.m.</p> <p>Filming of practice from the sidelines is restricted. Team to notify media what portions of practice can be filmed. TV cameras are prohibited from filming any team drills without permission from the team.</p> <p>Still cameras (including phones) are prohibited from capturing group shots that show formations.</p> <p>All cameras must shoot from the sideline(s) designated by the CFL (no end zones).</p> <p>All cameras (including phones) are prohibited from shooting from the press box or any other elevated location without the permission of the CFL.</p> <p>Lunch will be served 12:30 p.m. in the press box.</p>
<b>11:15 a.m.</b>	<b>Media Shuttle Bus</b> Chateau Lacombe Hotel to The Brick Field at Commonwealth Stadium
<b>11:30 a.m. – 12:00 p.m.</b>	<b>West Division Champions Player Media Availability</b> On the field – The Brick Field at Commonwealth Stadium
<b>12 p.m.</b>	<b>Media Shuttle Bus</b> Chateau Lacombe Hotel to The Brick Field at Commonwealth Stadium
<b>12 p.m. – 12:15 a.m.</b>	<b>West Division Champions Head Coach Media Availability</b> Media conference room – B305 The Brick Field at Commonwealth Stadium
<b>12:30 p.m.</b>	<b>Media Shuttle Bus</b> The Brick Field at Commonwealth Stadium to Chateau Lacombe Hotel

<p><b>12:30 p.m. – 1:30 p.m.</b></p>	<p><b>East Division Champions Walkthrough</b> The Brick Field at Commonwealth Stadium</p> <p>Open practice to media. Press box, media conference room and photographers’ room are open and can be used to work until 4:30 p.m.</p> <p>Filming of practice from the sidelines is restricted. Team to notify media what portions of practice can be filmed. TV cameras are prohibited from filming any team drills without permission from the team.</p> <p>Still cameras (including phones) are prohibited from capturing group shots that show formations.</p> <p>All cameras must shoot from the sideline(s) designated by the CFL (no end zones).</p> <p>All cameras (including phones) are prohibited from shooting from the press box or any other elevated location without the permission of the CFL.</p> <p>Lunch will be served 12:30 p.m. in the press box.</p>
<p><b>1:30 p.m.</b></p>	<p><b>Media Shuttle Bus</b> The Brick Field at Commonwealth Stadium to Chateau Lacombe Hotel</p>
<p><b>1:30 p.m. – 2 p.m.</b></p>	<p><b>East Division Champions Player Media Availability</b> On the field – The Brick Field at Commonwealth Stadium</p>
<p><b>2 p.m. – 2:15 p.m.</b></p>	<p><b>East Division Champions Head Coach Media Availability</b> Media conference room – B305 The Brick Field at Commonwealth Stadium</p>
<p><b>2:30 p.m.</b> <b>3:30 p.m.</b> <b>4:30 p.m.</b></p>	<p><b>Media Shuttle Buses</b> The Brick Field at Commonwealth Stadium to Chateau Lacombe Hotel</p>
<p><b>SUNDAY, NOVEMBER 25</b></p>	
<p><b>PLEASE NOTE</b></p>	<ul style="list-style-type: none"> <li>• Both Head Coaches will be having a pre-game media availability at the podium.</li> <li>• Non-rights holders will have time from 2:30 p.m. – 3:15 p.m. to do live hits on the field.</li> </ul>
<p><b>9:00 a.m.</b></p>	<p><b>Football Reporters of Canada Hall of Fame Induction Brunch</b> Chateau Lacombe Hotel</p> <p>The FRC’s Annual General Meeting will follow the brunch.</p>

12:40 p.m. 1:30 p.m. 2:20 p.m. 3:10 p.m.	<b>Media Shuttle Bus</b> Chateau Lacombe Hotel to The Brick Field at Commonwealth Stadium
1:00 p.m.	<b>Press Box Open to Media</b> The Brick Field at Commonwealth Stadium  Pre-game meal will be served at 3:00 p.m. in the press box. A snack will also be served at halftime.
2:00 p.m.	<b>Gates Open to Public</b> The Brick Field at Commonwealth Stadium
2:00 p.m.	<b>East Division Head Coach Media Availability</b> Conference Room – B305
2:15 p.m.	<b>West Division Head Coach Media Availability</b> Conference Room – B305
2:30 p.m. – 3:15 p.m.	<b>Non-Rights Holders In-Bowl Stand-ups</b>  Non-rights holders must be escorted at field level by CFL Communications representatives. Group departure will happen from the media conference room shortly after the head coaches pre-game media availability.
4:00 p.m.	<b>106<sup>th</sup> Grey Cup Championship Game presented by Shaw</b> The Brick Field at Commonwealth Stadium
9:00 p.m. 9:50 p.m. 10:40 p.m. 11:30 p.m.	<b>Media Shuttle Bus</b> The Brick Field at Commonwealth Stadium to Chateau Lacombe Hotel